

Emergency Food and Water Supplies

If disaster strikes your community, you might not have access to food, water, or electricity for some time. By taking time now to prepare emergency food and water supplies, you can provide for your entire family.

Even though it is unlikely that an emergency would cut off your food supply for two weeks, consider maintaining a supply that will last that long.

You may not need to go out and buy foods to prepare an emergency food supply. You can use the canned goods, dry mixes, and other staples on your cupboard shelves.

Having an ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least 2 quarts (a half gallon) of water each day. You will also need water for food preparation and hygiene. Store at least an additional half-gallon per person, per day for this.

Store at least a 3-day supply and consider storing a two-week supply of water for each member of your family. If you are unable to store this much, store as much as you can. You can reduce the amount of water your body needs by reducing activity and staying cool.

And don't forget to take your pets and service animals into account!

Now, learn how to prepare your water and food supplies.

This page was last updated on August 9, 2006.